

QUINOA BURGERS

2 T OLIVE OIL, PLUS MORE FOR COOKING THE BURGERS
1/2 CUP DICED ONION
1 T MINCED GARLIC
1 1/4 CUPS VEGETABLE STOCK
1 CUP FINE DICED SEASONAL VEGETABLE
 USE SEASONAL VEGETABLES FOR BEST RESULTS. CARROTS,
 ZUCCHINI, ASPARAGUS, SUMMER SQUASH, WINTER SQUASH
 SWEET POTATO, PARSNIP, MUSHROOMS.....
2 T HERB DE PROVENCE SPICE BLEND
1 CUP BOB'S RED MILL QUINOA, RINSED
1 15 OZ CAN CANNELINI OR OTHER WHITE BEANS, DRAINED AND RINSED
2 EGGS, SLIGHTLY BEATEN
1/3 – 1/2 CUP BOB'S GLUTEN FREE ALL PURPOSE FLOUR
KOSHER SALT & FRESH GROUND PEPPER TO TASTE
1 CUP PLAIN YOGURT
1 T LEMON JUICE
ZEST OF ONE LEMON
1 T CHOPPED FRESH MINT
CUCUMBER SLICES FOR GARNISH
GLUTEN FREE NAAN OR PITA

HEAT OLIVE OIL IN A SAUCEPAN. ADD ONION AND SAUTÉ UNTIL THE ONION IS SOFT AND BEGINNING TO CARAMELIZE. DON'T RUSH THIS STEP! KEEP THE HEAT LOW SO THE ONION DOESN'T BURN AND LET IT CARAMELIZE SLOWLY. ADD GARLIC AND SAUTÉ FOR ONE MINUTE. ADD DICED VEGETABLES AND SAUTÉ UNTIL THEY JUST BEGIN TO SOFTEN. ADD HERB DE PROVENCE AND SAUTÉ BRIEFLY TO RELEASE THE FLAVORS IN THE HERBS AND BLEND WITH THE VEGETABLES.

ADD VEGETABLE STOCK TO THE PAN AND QUINOA. BRING TO A BOIL, THEN COVER, REDUCE THE HEAT TO LOW AND SIMMER UNTIL MOST OF THE LIQUID HAS EVAPORATED. DO NOT LET THE MIXTURE GET COMPLETELY DRY AS THE BURGERS WILL BE TOO DRY.

PLACE THE MIXTURE IN A BOWL AND LET COOL. MEANWHILE, MASH THE BEANS IN A SEPARATE BOWL. DO NOT USE THE FOOD PROCESSOR AS IT WILL PUREE THE BEANS. WE'RE LOOKING FOR BEANS THAT STILL HAVE A BIT OF CHUNK TO THEM. ADD THE BEANS TO THE MIXTURE AND BLEND IN. ADD EGGS AND BLEND WELL.

ADD FLOUR A LITTLE BIT AT A TIME, JUST TO THE POINT WHERE THE MIXTURE CAN BE FORMED INTO A PATTY. SEASON WITH SALT AND PEPPER.

FORM THE MIXTURE INTO 8 PATTIES. HEAT OLIVE OIL IN A SKILLET AND SAUTÉ THE PATTIES UNTIL GOLDEN BROWN ON BOTH SIDES. PLACE ON NAAN BREAD, OPEN FACED. TOP WITH YOGURT SAUCE AND GARNISH WITH CUCUMBER SLICES.

YOGURT SAUCE: PLACE YOGURT IN A SIEVE LINED WITH CHEESECLOTH. PLACE OVER A BOWL. LET YOGURT DRAIN FOR AT LEAST 2 HOURS, PREFERABLE OVERNIGHT IN THE REFRIGERATOR. PLACE IN BOWL AND MIX IN LEMON JUICE, ZEST AND MINT. SEASON WITH SALT.